

# CLEAN RESOLUTION

State Entities Contributing to a Healthier Utah with  
Clean Air Strategies

MARCH 2016

Issue 5 :: Health, Knowledge and Choice

## Data from Employees: State Employees Like the Idea of Teleworking, But Managers Probably Don't

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Over 3,500 employees responded to a survey about how barriers and incentives affect, or could affect, choices about modes of transportation. There were some obvious results. One might have expected the biggest factors that people said impacted their choice of transportation are time, money and convenience. Other responses were more surprising and can help guide some best practices and strategies. Many employees said that teleworking and teleconferencing could be the best way to reduce emissions from work-related trips,



# Intermountain Healthcare Wants to Keep You Out... of Their Hospitals

Intermountain Health Care (IHC) is one of the largest health care providers in Utah, and they don't want you in their hospitals. Charles Sorenson, a physician and the CEO of the healthcare organization, spoke at theUCAIR annual meeting; he described the health organization's mission, and their efforts to reduce hospitalizations through preventative healthcare. One strategy IHC is using to help reduce those hospital visits is an educational campaign to inform patients about health risks related to air quality.

Everyone can be affected when the air is unhealthy to breathe, but IHC is focusing on helping inform sensitive populations, such as children, the elderly, people with asthma, people who are at risk of stroke or heart attack, and pregnant women.

To make this a simple message, IHC developed [fact cards](#) for each health situation that helps patients know how poor air quality can affect the

human body. The cards encourage a patient to pay attention to their local air quality and plan accordingly.

Children and infants, for example, breathe faster than adults. Their brains, lungs and immune systems are also still developing. Going on a walk with your child or baby during a poor air day means that the impact on him/her is more severe than the impact on you. The early childhood fact card tells parents to act accordingly and limit outdoor play when air quality index (AQI) is above 50, and to keep them inside for all play when the AQI is above 100. You can find out what the AQI is by going to [air.utah.gov](http://air.utah.gov) for current or forecast conditions.

Educated patients are a goal of IHC. If your organization or department is interested in having an IHC leader help educate your employees check out their link to their [health speakers bureau](#).

**LiVe Well**  
FACT SHEET FOR PATIENTS AND FAMILIES

## Outdoor Air Quality and Early Childhood

Infants and very young children are at extra risk for the harmful effects of air pollution because they breathe faster and their brains, lungs, and immune systems are still developing. Air pollutants interact with allergens, viruses, diet, and other factors that affect children's health.

Too much time in polluted air can:

- Reduce lung growth and function, worsen symptoms of asthma and cystic fibrosis, increase cough, and bronchitis.
- Harm nervous system development and behavior, especially when exposed to chemicals in air pollution like mercury and lead.
- Increase risk of death from lung infections and sudden infant death syndrome (SIDS) in the youngest infants.

**The Air Quality Index (AQI)** is a number for reporting how clean or unhealthy your air is every day. You can find it on the Internet at [AirNow.gov](http://AirNow.gov). It's also reported in local news sources.

**When AQI is:**

AQI Range	Category	Health Concern	Recommendation
1-50	GOOD	Enjoy usual outdoor activities.	Enjoy usual outdoor activities.
51-100	MODERATE	Limit time outdoors.	Limit time outdoors.
101-150	UNHEALTHY for sensitive groups	Infants and toddlers should play indoors.	Plan necessary outdoor activities in the morning, when air quality is usually better.
151-200	UNHEALTHY for all	Infants and toddlers should play indoors.	Plan necessary outdoor activities in the morning, when air quality is usually better.
201-300	VERY UNHEALTHY for all	Infants and toddlers should play indoors.	Plan necessary outdoor activities in the morning, when air quality is usually better.

**What causes poor air quality outdoors?**

- Smoke stacks
- Wood burning inside or outside
- Cars and trucks
- Blowing dust

Particulate matter is tiny particles in the air like dust, dirt, soot, and smoke. In northern Utah, particulate matter is more common in winter months.

Ground-level ozone is a colorless gas. It forms when polluted air comes in contact with heat and sunlight. It's more common in summer and in late afternoon.

**What can you do to help?** Drive less. Carpool or take public transit.

**What causes poor air quality indoors?**

- Wood burning—inside or outside. Don't burn wood, trash, or plastics.
- Cigarette smoke. Don't smoke. Stay away from others who are smoking.
- Paint fumes. Use "zero VOC" or "no VOC" paint.
- Cleaning chemicals. Use natural cleaning products.
- Carbon monoxide (CO) from fuel-burning appliances. Put a CO alarm in your home.

**Other things you can do to help**

- Parents and care givers need to pay attention to the child's symptoms when outdoors. Look for coughing, wheezing, and watery eyes. Know when to bring the child indoors.
- Pay attention to the air inside your home. Because very young children spend most of their time indoors, learn more about what you need to do to make sure your indoor air is clean.
- For children with asthma: If your child is using albuterol more often, stay indoors. Ask your doctor if air pollution may be playing a role in your child's asthma.

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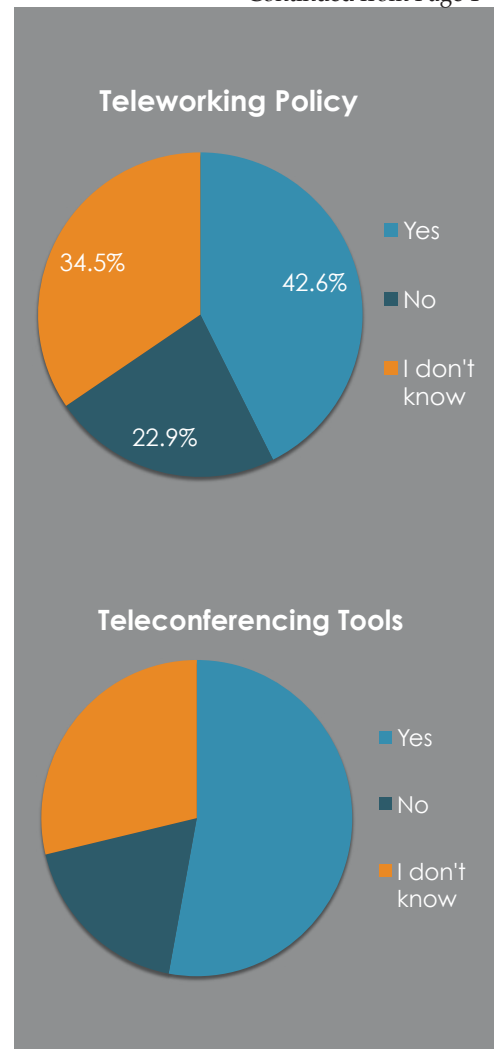
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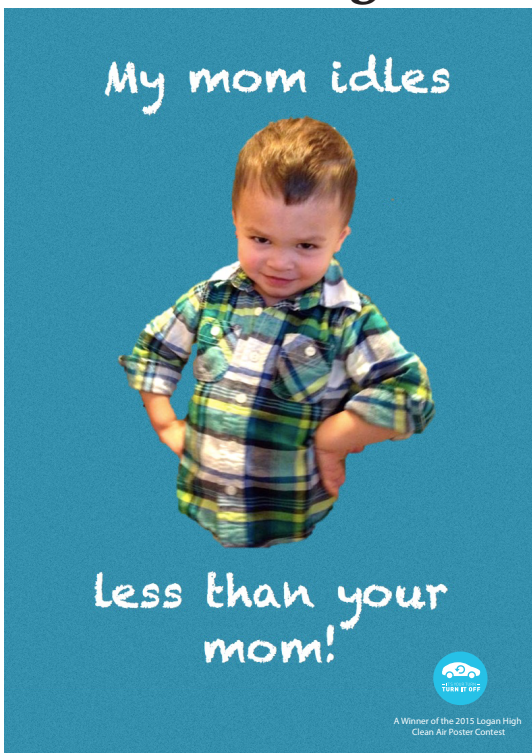
but also said the biggest barrier to teleworking (aside from a job function that cannot be performed remotely) is that managers are not encouraging or allowing employees to telework. Many agencies do have teleworking policies in place, **but over a third of those that responded to the survey did not now whether their agency had a policy or not.** About a third of respondents also weren't sure which tool would work best to help them communicate when teleconferencing.

It is a managers job duty to decide if teleworking can be a successful practice. Public services must also be available to the public at reasonable hours. However, agencies have found success with providing services online, and helping staff obtain proper tools to telework to serve the public.

Across many industries, managers are starting to make a distinction between seeing someone sitting in their desk and seeing work output to convey performance. This is a workplace trend that probably won't go away, and will continue to evolve with more mobile technology. Managers may benefit from training to be better prepared to manage remote employs. Training can give managers confidence that they can still fulfill their obligation to ensure that employees are performing as intended.



## Who is Starting a Dinner Conversation About Air Quality?



It is one thing to care about an issue and another to get people to act and do something about a problem. Edward Stafford, Marketing Professor at Utah State University says "Air pollution is not typically a top-of-mind issue for high school students. However, as they join the legion of drivers in pollution-prone communities in Utah every year, educating these students in protecting air quality through driving behavior may help them learn lifelong skills, reducing their long-term, personal impact.

Utah State University and the City of Logan, Utah, partnered to launch a high profile, clean air poster contest in the winter of 2015 to engage over 100 Logan High School teens about ways to improve air quality. Self-reported measures indicated that the contest increased student participants' awareness about local air pollution and their willingness to engage in driving behavior to preserve air quality. The leaders of this initiative are seeking ways to take the high school clean air poster contest statewide."

For more information about this project you can read about the research featured in the [Solution Journal](#) article.



## Capitol Connector

The Capitol campus got a great multi-modal transportation boost this year with a pedestrian pathway to Memory Grove, designations for parking stalls, and a bike lane that encompass the campus.

Even with the improvements, parking on the Utah Hill during the general legislative session seems like it qualifies for a new sport.

To ease the stress, and make downtown more accessible in this busy time, UTA doubled routing to the Capitol with the "Capitol Connector" (500 Special) Route. It made it free for commuters to get from Mattheson Courthouse to the Capitol to North Temple Front Runner and increased the frequency of pickup at the Capitol to approximately every 15 minutes. The "Connector" has been easy to spot too because it has a picture of the Capitol on the side.

The transit stop in the drop-off circle east of the Capitol Building also received a new covered station to help keep everyone visiting the Capitol dry and warm.

## Challengers Target Winter Inversion

Cold weather and lower-than-low gas prices did not deter many state employees from making efforts to clean the air. The *second State of Utah Agencies Winter TravelWise Challenge* wrapped up on February 15, 2016. State employees walked, biked, took transit, carpooled, skipped trips, and chained errands together to reduce emissions.

State Agencies are of various sizes and in various locations, yet employees from 33 different agencies chose clean travel options. Participants collectively saved over 209,000 Miles, burned 156,000 Calories, saved more than \$67,000 and of course, prevented over 62 tons of emissions from entering the air.

State employee top individuals all tracked more than 200 trips. Those employees are:

**First Place: Mark Winger - Commerce 273 trips!**

**Second Place: Dale Jorgensen - DEQ 212 trips!**

**Third Place: David Kester - Commerce 206 trips!**

Our top four teams all tracked over 1,000 trips each. Our state teams that recorded the most trips during the challenge are:

**Department of Environmental Quality: 2692 trips!**

**Department of Technology Services: 1,796 trips!**

**Department of Human Resource Management: 1,701 Trips!**

**Department of Commerce: 1,153 Trips! Go Team!**

If you want to see how your team or subteam ranked go to [www.travelwisetracker.com/s/sate](http://www.travelwisetracker.com/s/sate)

It is difficult to compare agencies when each has a unique scale and service mission. To help equalize the competition for all agency sizes, we also recognize our state teams that reported the highest average trips per team member, and they are:

**Department of Human Resource Management: 60 trips per member**

**Utah Department of Transportation: 43 trips per member**

**Attorney General's Office & Department of Commerce: 40 trips per member**

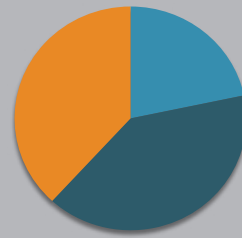
**Department of Environmental Quality and Department of Administrative Services: 39 trips per member**

Thanks to all who made an effort this year, and to the agency leadership who created incentives and fun ways to motivate employees to participate, track, and make choices that have a positive impact on health.

The data from the survey also shed light on the fact that state agencies good job communicating where to park a car, but a poor job communicating other transportation amenities. **About a quarter or more of the respondents weren't sure if bike parking or electric vehicle charging amenities were available at their workplace.** And if electric vehicle charging was available nearby, more than half of respondents to the question did not know if a fee were associated with using the charging station.

**If employees don't know what is available, you can presume that the public doesn't either.** State Agencies can set a simple goal to support choices that can affect air quality by providing information to the public and employees about the availability of other forms of transportation or transportation amenities.

### Electric Car Charging



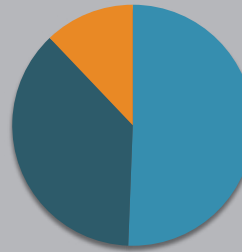
■ Yes

■ No

■ I don't know



### Showers



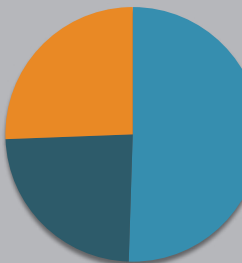
■ Yes

■ No

■ I don't know



### Bicycle Parking



■ Yes

■ No

■ I don't know



Submit Stories,  
Events, Information &  
Questions for  
*Clean ReSolutions* to  
Resource Stewardship  
[Website](#)

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## EVENTS

[Intermountain Sustainability Summit](#) - March 24-25

[Utah Bike Summit](#) April 5

[Governor's Energy Summit](#) May 24-25

## LAWNMOWER EXCHANGE IS BACK!

Many of you have been waiting for this like I wait for the Girl Scout Shortbreads and Tagalongs. Get rid of that old gas lawn mower and exchange it for an electric one for a great price. Follow the [DEQ Blog](#) closely near the beginning of April. A little bird said they have over 900 electric mowers and over 700 electric weed eaters this year.

## AND SO IS GREENBike, THE SLC BIKE SHARE!

March 17 marks the reopening of GREENBike. Click [here](#) for more info.

## INTERESTING ARTICLE ABOUT AIR QUALITY

[Warming Up Your Car Will Hurt Air Quality](#)